What is claimed is:

1. A fuel cell comprising:

a membrane electrode assembly having a membrane, a first catalytic layer on a first face of said membrane and a second catalytic layer on a second face of said membrane;

a first bipolar plate assembly adjacent said first catalytic layer and in electrical contact therewith, said first bipolar plate assembly including:

a first gas distribution layer having a plurality of porous flow channels extending transversely through said first gas distribution layer in a generally parallel orientation, a first face of said first gas distribution layer confronting said first catalytic layer; and

a first non-porous, conductive separator plate secured to a second face of said first gas distribution layer;

a second bipolar plate assembly adjacent said second catalytic layer and in electrical contact therewith, said second bipolar plate assembly including:

a second gas distribution layer having a plurality of porous flow channels extending transversely through said second gas distribution layer in a generally parallel orientation, a first face of said second gas distribution layer confronting said second catalytic layer; and

a second non-porous, conductive separator plate secured to a second face of said second gas distribution layer.

- 2. The fuel cell of claim 1 wherein each of said plurality of porous flow channels has a porous media having an average pore size no greater than 0.25 mm and a void fraction of no less than 85%.
- 3. The fuel cell of claim 1 wherein each of said plurality of porous flow channels comprises a transverse section of said gas distribution layer having a medial portion and a pair of lateral edge portions bordering said medial portion, said medial portion has a permeability that is at least 200% greater than a permeability of said pair of lateral edge portions.
- 4. The fuel cell of claim 3 wherein said medial portion has a porous media having an average pore size no greater than 0.25 mm and a void fraction of no less than 85%.
- 5. The fuel cell of claim 1 wherein each of said plurality of porous flow channels comprises a transverse section of said gas distribution layer having a medial portion and a pair of lateral edge portions bordering said medial portion, the thickness of said lateral edge portions is less than the thickness of said medial portion.
- 6. The fuel cell of claim 5 wherein said medial portion has a permeability that is at least 200% greater than a permeability of said pair of lateral edge portions.

- 7. The fuel cell of claim 5 wherein each of said pair of said lateral edge portions define a groove receiving a low porosity bead disposed therein.
- 8. The fuel cell of claim 1 wherein said membrane electrode assembly has a convoluted configuration, and wherein said first face of said first gas distribution layer has a convoluted surface juxtaposed to said first catalytic surface and wherein said first face of said second gas distribution layer has a convoluted surface juxtaposed to said second catalytic surface.
- 9. The fuel cell of claim 1 wherein each of said plurality of porous flow channels has a gas permeability no greater than 10 kPa/cm at 5 m/s face velocity.
- 10. The fuel cell of claim 1 wherein each of said plurality of porous flow channels has a contact electrical resistivity of no greater than 50 m $\Omega\text{-}$ cm 2
- 11. The fuel cell of claim 10 further comprising a porous, conductive interface layer interdisposed between said at least one of said first and second gas distribution layers and at least one of said first and second catalytic layers.

- 12. The fuel cell of claim 11 wherein said interface layer is selected from a group consisting of an etched foil, a fine mesh screen and GPM.
- 13. The fuel cell of claim 1 wherein said first and second gas distribution layers are formed of a metallic foam media.
- 14. The fuel cell of claim 13 wherein said metallic foam media is selected from a group consisting of a high alloy stainless steel, a high alloy nickel, a titanium-based alloy, and FeCrAlY.
- 15. The fuel cell of claim 1 wherein said first and second gas distribution layers are formed of a graphite-based foam media.
- 16. The fuel cell of claim 15 wherein said graphite-based foam media is graphitized pyrolytic graphite.
- 17. The fuel cell of claim 1 further comprising a coolant distribution layer adjacent to said first bipolar plate assembly and in thermal contact therewith.
- 18. The fuel cell of claim 17 wherein said coolant distribution layer comprises a plurality of porous coolant flow channels extending

transversely through said coolant distribution layer in a generally parallel orientation.

19. The fuel cell of claim 1 wherein each of said plurality of porous coolant flow channels comprises a transverse section of said coolant distribution layer having a medial portion and a pair of lateral edge portions bordering said medial portion, said medial portion having a high porosity relative to said pair of lateral edge portions.